JANUARY 2		ADSS NUIRIIION PROGRAM		WINIER FY23
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
New Year's Day Holiday	Menu 2 Bean and Beef Chili Spanish Rice California Blend Vegetable Crackers (2 pkg) Banana or Fresh Fruit Banana Pudding Milk Margarine	Menu 3 Orange Juice Mac and Cheese Blackeye Peas Cabbage Cornbread Snack Cake Milk/Buttermilk Margarine	Menu 4 Blended Juice Sloppy Joe/Bun Butter Beans Mixed Green Salad Snickerdoodle Cookie Milk Margarine Italian/Ranch Dressing	Menu 5 Honey Mustard Pork Loin Parslied Rice Green Beans/Red Peppers Wheat Bread Apple or Fresh Fruit Sponge Cake Milk/Chocolate Milk Margarine
Menu 6 Apple Juice Swedish Meatballs Egg Noodles/Mushroom Gravy Glazed Carrots Texas Bread Orange Fruited Gelatin Milk Margarine	Menu 7 Chicken Tortilla Bake Brown Rice Green Limas Crackers (2 pkg) Banana or Fresh Fruit Chocolate Pudding Milk Margarine	Menu 8 Orange Juice Spaghetti/Meat Sauce Capri Vegetable Blend Mixed Green Salad Dinner Roll Red Velvet Cake Milk/Margarine Italian/Ranch Dressing	Menu 9 Blended Juice Pork Loin/Apple Brown Gravy Parslied Mashed Potatoes Collard Greens Cornbread Fruit Pie or Pastry Milk/Buttermilk Margarine	Menu 10 Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Cherry Cookie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise
Martin Luther King Jr. Day Holiday	Menu 12 Blended Juice Chicken Parmesean Bake Succotash Dinner Roll Sliced peaches Yellow Cake Milk Margarine	Menu 13 Hamburger Steak/Brown Gravy Garlic Mashed Potatoes Turnip Greens/Roots Cornbread Banana or Fresh Fruit Vanilla Pudding Milk/Buttermilk Margarine	Menu 14 Apple Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Chocolate Chip Cookie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	Menu 15 Ham Salad Sandwich Vegetable Soup Lettuce/Tomato Wheat Bread (2 sl.) Mixed fruit - Pineapple/Pears Snack Cake Milk
Menu 16 Blended Juice Beef Teriyaki Steamed Rice Mixed Vegetables Wheat bread Cherry Fruited Gelatin Milk Margarine	Menu 17 Smoked Sausage Link/Bun Creamed Corn Okra and Tomatoes Apple or Fresh Fruit Chocolate Cake Milk Mustard/Ketchup/Mayonnaise		Menu 19 Seasoned Ground Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Orange or Fresh Fruit Milk/Chocolate Milk Sour Cream Mild Taco Sauce	Menu 20 Orange Juice Chicken Breast/Poultry Gravy Navy Beans Country Vegetable Medley Wheat Bread Fruit Pie or Pastry Milk Margarine
Menu 1 Apple Juice Meatloaf/Ketchup Mashed Potatoes Green Peas Dinner Roll Watermelon Fruited Gelatin Milk/Margarine	Menu 2 Bean and Beef Chili Spanish Rice California Blend Vegetable Crackers (2 pkg) Banana or Fresh Fruit Banana Pudding Milk/Margarine	Thave The aream	JANUARY	

## **WINTER FY23**

FEBRUARY 202	S AD33 NUIN	1111	ON PROGRAM WINTER MED	40		WINTER FY23	
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	
			1		2		3
_			Menu 3	Menu 4		Menu 5	
			Orange Juice	Blended Juice		Honey Mustard Pork Loin	
			Mac and Cheese	Sloppy Joe/Bun		Parslied Rice	
			Blackeye Peas	Butter Beans			
			Cabbage	Mixed Green Salad		Green Beans/Red Peppers Wheat Bread	
			Cornbread	Snickerdoodle Cookie			
FEBRUARY			Snack Cake	Milk		Apple or Fresh Fruit	
			Milk/Buttermilk	Margarine		Sponge Cake	
			Margarine	Italian/Ranch Dressing		Milk/Chocolate Milk	
				-	_	Margarine	
6	Marrie 7	7	8		9	1410	10
Menu 6	Menu 7		Menu 8	Menu 9		Menu 10	
Apple Juice	Chicken Tortilla Bake		Orange Juice	Blended Juice		Broiled Beef Patty/Bun	
Swedish Meatballs	Brown Rice		Spaghetti/Meat Sauce	Pork Loin/Apple Brown Gravy		Baked Beans	
Egg Noodles/Mushroom Gravy	Green Limas		Capri Vegetable Blend	Parslied Mashed Potatoes		Potato Salad	
Glazed Carrots	Crackers (2 pkg)		Mixed Green Salad	Collard Greens		Lettuce/Onion/Tomato	
Texas Bread	Banana or Fresh Fruit		Dinner Roll	Cornbread		Cherry Cookie	
Orange Fruited Gelatin	Chocolate Pudding		Red Velvet Cake	Fruit Pie or Pastry		Milk/Chocolate Milk	
Milk	Milk		Milk/Margarine	Milk/Buttermilk		Mustard/Ketchup/Mayonnaise	
Margarine	Margarine		Italian/Ranch Dressing	Margarine			
13		14	15		16		17
Menu 11	Menu 12		Menu 13	Menu 14		Menu 15	
Orange Juice	Blended Juice		Hamburger Steak/Brown Gravy	Apple Juice		Ham Salad Sandwich	
BBQ Pork Riblet/Bun	Chicken Parmesean Bake		Garlic Mashed Potatoes	Beef Dog/Bun		Vegetable Soup	
Mashed Sweet Potatoes	Succotash		Turnip Greens/Roots	Baked Beans		Lettuce/Tomato	
Flat Beans w/Red Pepper	Dinner Roll		Cornbread	Coleslaw		Wheat Bread (2 sl.)	
Strawberry Fruited Gelatin	Sliced peaches		Banana or Fresh Fruit	Chopped Onion		Mixed fruit - Pineapple/Pears	
Milk	Yellow Cake		Vanilla Pudding	Chocolate Chip Cookie		Snack Cake	
Margarine	Milk		Milk/Buttermilk	Milk/Chocolate Milk		Milk	
	Margarine		Margarine	Mustard/Ketchup/Mayonnaise			
20		21	22	<u> </u>	23		24
President's Day	Menu 17		Menu 18	Menu 19		Menu 20	
, en apert en com.	Smoked Sausage Link/Bun		Apple Juice	Seasoned Ground Beef		Orange Juice	
111)	Creamed Corn		Chicken Rice Bake	Lettuce/Cheese/Tomato		Chicken Breast/Poultry Gravy	
	Okra and Tomatoes		Parslied Sliced Carrots	Corn Chips		Navy Beans	
HAPPY —	Apple or Fresh Fruit		Collard Greens	Pinto Beans		Country Vegetable Medley	
PRESIDENT'S	Chocolate Cake		Cornbread	Orange or Fresh Fruit		Wheat Bread	
* * * <u>DAY</u> * * *	Milk		Butterscotch Pudding	Milk/Chocolate Milk		Fruit Pie or Pastry	
	Mustard/Ketchup/Mayonnaise		Milk/Buttermilk	Sour Cream		Milk	
			Margarine	Mild Taco Sauce		Margarine	
27		28					
Menu l	Menu 2		00-				
Apple Juice	Bean and Beef Chili		The second				
Meatloaf/Ketchup	Spanish Rice		Habba				
Mashed Potatoes	California Blend Vegetable		Valentine's				
Green Peas	Crackers (2 pkg)		Day				
Dinner Roll	Banana or Fresh Fruit						
Watermelon Fruited Gelatin	Banana Pudding						
Milk/Margarine	Milk/Margarine						
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## ADSS NUTRITION PROGRAM WINTER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH	GoodBye February  Hello March	Menu 3 Orange Juice Mac and Cheese Blackeye Peas Cabbage Cornbread Snack Cake Milk/Buttermilk Margarine	Menu 4 Blended Juice Sloppy Joe/Bun Butter Beans Mixed Green Salad Snickerdoodle Cookie Milk Margarine Italian/Ranch Dressing	Menu 5 Honey Mustard Pork Loin Parslied Rice Green Beans/Red Peppers Wheat Bread Apple or Fresh Fruit Sponge Cake Milk/Chocolate Milk Margarine
Menu 6 Apple Juice Swedish Meatballs Egg Noodles/Mushroom Gravy Glazed Carrots Texas Bread Orange Fruited Gelatin Milk Margarine	Menu 7 Chicken Tortilla Bake Brown Rice Green Limas Crackers (2 pkg) Banana or Fresh Fruit Chocolate Pudding Milk Margarine	Menu 8 Orange Juice Spaghetti/Meat Sauce Capri Vegetable Blend Mixed Green Salad Dinner Roll Red Velvet Cake Milk/Margarine Italian/Ranch Dressing	Menu 9 Blended Juice Pork Loin/Apple Brown Gravy Parslied Mashed Potatoes Collard Greens Cornbread Fruit Pie or Pastry Milk/Buttermilk Margarine	Menu 10 Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Cherry Cookie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise
Menu 11 Orange Juice BBQ Pork Riblet/Bun Mashed Sweet Potatoes Flat Beans w/Red Pepper Strawberry Fruited Gelatin Milk Margarine	Menu 12 Blended Juice Chicken Parmesean Bake Succotash Dinner Roll Sliced peaches Yellow Cake Milk Margarine	Menu 13 Hamburger Steak/Brown Gravy Garlic Mashed Potatoes Turnip Greens/Roots Cornbread Banana or Fresh Fruit Vanilla Pudding Milk/Buttermilk Margarine	Menu 14 Apple Juice Beef Dog/Bun Baked Beans Coleslaw Chopped Onion Chocolate Chip Cookie Milk/Chocolate Milk Mustard/Ketchup/Mayonnaise	Menu 15 Ham Salad Sandwich Vegetable Soup Lettuce/Tomato Wheat Bread (2 sl.) Mixed fruit - Pineapple/Pears Snack Cake Milk
Menu 16 Blended Juice Beef Teriyaki Steamed Rice Mixed Vegetables Wheat bread Cherry Fruited Gelatin Milk/Margarine	Menu 17 Smoked Sausage Link/Bun Creamed Corn Okra and Tomatoes Apple or Fresh Fruit Chocolate Cake Milk Mustard/Ketchup/Mayonnaise	Menu 18 Apple Juice Chicken Rice Bake Parslied Sliced Carrots Collard Greens Cornbread Butterscotch Pudding Milk/Buttermilk/Margarine	Menu 19 Seasoned Ground Beef Lettuce/Cheese/Tomato Corn Chips Pinto Beans Orange or Fresh Fruit Milk/Chocolate Milk Sour Cream/Mild Taco Sauce	Menu 20 Orange Juice Chicken Breast/Poultry Gravy Navy Beans Country Vegetable Medley Wheat Bread Fruit Pie or Pastry Milk /Margarine
Menu 1 Apple Juice Meatloaf/Ketchup Mashed Potatoes Green Peas Dinner Roll Watermelon Fruited Gelatin (or assorted flavors) Milk Margarine	Menu 2 Bean and Beef Chili Spanish Rice California Blend Vegetable Crackers (2 pkg) Banana or Fresh Fruit Banana Pudding (or assorted flavors) Milk Margarine	Menu 3 Orange Juice Mac and Cheese Blackeye Peas Cabbage Cornbread Snack Cake Milk/Buttermilk Margarine	Menu 4 Blended Juice Sloppy Joe/Bun Butter beans Mixed Green Salad Snickerdoodle Cookie (or assorted flavors) Milk Margarine Italian/Ranch Dressing	Menu 5 Honey Mustard Pork Loin Parslied Rice Green Beans/Red Peppers Wheat Bread Apple or Fresh Fruit Sponge Cake (or assorted flavors) Milk/Chocolate Milk Margarine